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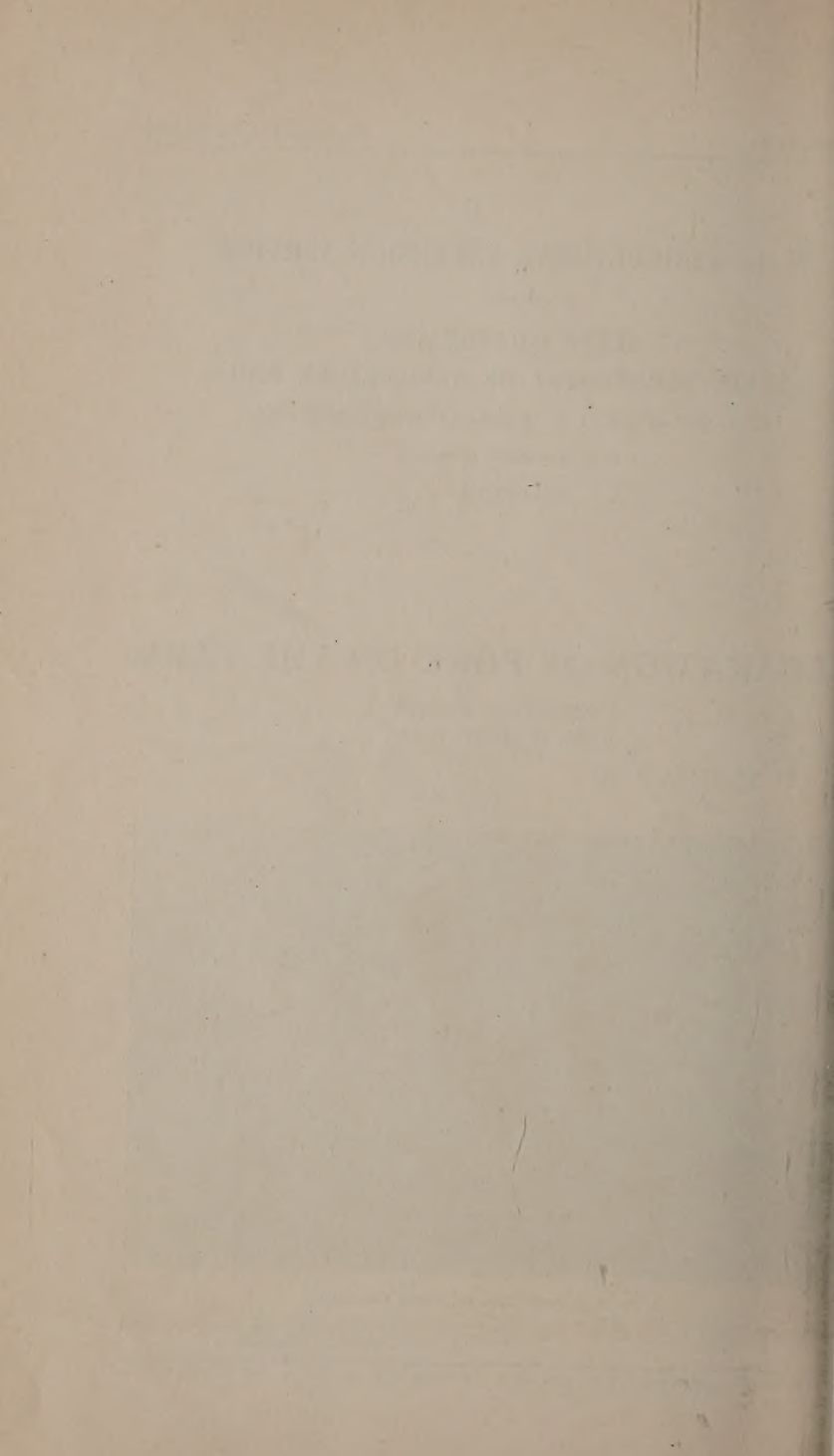
PREPARATION OF PORK ON THE FARM

CORNELIA C. MORRIS

EARL H. HOSTETLER



A POPULAR PORK TYPE IN NORTH CAROLINA



PREPARATION OF PORK ON THE FARM

MRS. CORNELIA C. MORRIS, *District Home Demonstration Agent*
EARL H. HOSTETLER, *Office of Swine Investigations*

Many North Carolina farmers who are now making their own meat have much fresh pork at "hog killing time" and too little through the remainder of the year. In order that these products may be had at all seasons, it is suggested that the steam-pressure canner be allowed to solve the problem. During the winter months the surplus fresh meat may be canned for home use and for market, thereby giving an even distribution of the products throughout the year. It is absolutely necessary that steam under pressure be used for canning pork, as a hot water canner does not give a temperature high enough for the proper sterilization of meats.

Because of the ease and economy with which pork can be handled on every farm, it is of the utmost importance that every North Carolina farmer should produce his own meat, and also use methods whereby a variety of nutritious and palatable pork products may be had each day during the year.

CUTTING UP THE CARCASS

The carcass should be thoroughly cooled before any attempt is made to cut up, as the meat will cut much better, and the pieces can be trimmed more



FIG. 1—Cutting up the carcass

attractively when cool and firm. However, it must not be allowed to freeze since frozen meat will not take the salt or retain its original flavor.

First, lay the carcass on the block and cut off the head about an inch back of the ears, then cut out the backbone. When this has been done, remove ribs, kidneys, and leaf fat, cutting the ribs as close to the bone as possible to improve the quality of the bacon. Next, from each half of the carcass cut off the shoulder between the fourth and fifth rib, and the ham about ten inches in front of the pelvic bones. After the carcass has been blocked out in the above manner, each piece that is to be cured should be neatly trimmed.

CURING

Two methods of curing meat are in general use, namely, the brine method and the dry-cure method. The following formula for brine cure has given the best results at this station:

Brine Cure

To each 100 pounds of meat use

12 pounds of common salt

3 pounds of brown sugar

3 ounces of salt petre

6 gallons of water.

The above ingredients should be placed in a vessel and boiled slowly for one hour, after which the solution should be allowed to cool thoroughly.

Pack the hams, shoulders, and sides, in the order named, in a clean wooden barrel, earthen jar, or concrete vat, weight down with clean rocks, and pour the cooled brine over the meat until it is completely immersed.

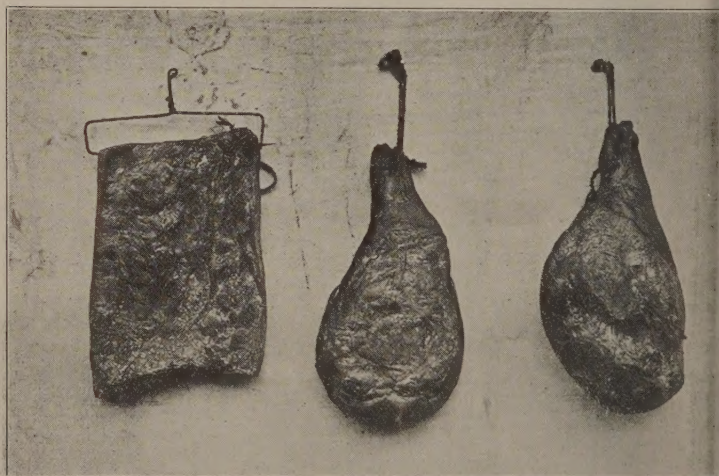


FIG. 2—Cured-meat well trimmed

Dry Cure

Meat can be kept fairly well where nothing but salt is used, but this method produces rather hard and tasteless meat. Better results can be obtained by using the following formula for dry curing of pork.

To each 100 pounds of meat use

- 8 pounds of common salt
- 2 pounds of brown sugar
- 2 ounces of salt petre
- 4 ounces of black pepper
- 1 ounce of red pepper.

When the above ingredients have been thoroughly mixed, rub each piece of meat well with the mixture and pack in a clean box or barrel. After three days take up the meat and repeat the rubbing, then repack and leave it until it is ready to be smoked.

SMOKING

After the meat has been taken out of the cure it should be washed in tepid water and allowed to drain until thoroughly dry. Best results from smoking will be obtained by keeping a slow fire, made of corn cobs and green hickory or other hard wood. During the smoking the meat should be hung at least seven feet above the floor. In case adequate facilities are not available for giving this smoke, a prepared liquid smoke can be purchased that is very satisfactory. However, it will not keep skippers and flies away from the meats, as is sometimes claimed.

SACKING THE MEAT

Unless the smokehouse has a cement floor and has all openings screened with fine wire mesh, the meat should be wrapped in paper and then put in bags as soon as the smoking is completed.

As an added precaution against skippers, after the meat is bagged the bags should be painted with the following mixture:

To each 100 pounds of meat use:

- 3.00 pounds of bartyes (barium sulfate)
- .06 pounds of glue
- .08 pounds of chrome yellow (lead chromate)
- .40 pounds of flour.

Mix the flour in a bucket containing two gallons of water. Dissolve the lead chromate in a separate vessel containing one quart of water. Then add this solution together with the glue to the flour and water mixture. Bring this solution to a boil and while boiling add the barium sulfate slowly, stirring constantly. When boiled to the right consistency the solution should be allowed to cool. Stir mixture frequently and paint on the outside of the meat bags with ordinary paint brush.



FIG. 3.—Method of sacking meat

SOAP

A very satisfactory soap for dish washing or laundry purposes may be made from cracklings. Gut fat or other fats unsatisfactory for lard may also be used for this purpose. But if the fats alone, instead of cracklings, are used only $1\frac{1}{2}$ gallons of water should be used to each pound of lye.

Preparation

Mixing.—One box (pound) of lye and 3 gallons of water should be added to each 5 pounds of cracklings.

Boiling.—The lye should be dissolved in the water, and as soon as the solution boils the cracklings should be stirred in and the mass boiled to the consistency of honey.

Testing.—When nearly done, a small portion should be placed in a saucer and if it solidifies the mass should be removed from the stove.

Keeping.—After removing from the stove, the mass should be poured into moulds to harden and set away in a dry, cool place until ready for use.

SAUSAGE

Sausage is made from the trimmings which are left after the sides, hams and shoulders have been trimmed. Only clean, fresh meat should be used in making sausage.

Making Sausage

Grinding.—The trimmings should be cut into narrow strips and run through a sausage grinder, mixing one part of fat with three parts of lean.

Seasoning.—After grinding, the meat should be spread out thinly on a clean

and the following seasoning sprinkled over each 100 pounds of meat: pounds of good, fine salt, 8 ounces of ground black pepper, and 4 ounces finely ground leaf sage. This seasoning should be thoroughly mixed with the meat either with the hands or by being reground, using a smaller grinder.

CANNING PORK WITH STEAM PRESSURE*

For home canning, meats should be cooked first—fried, broiled, roasted, or boiled—just as would be done for immediate serving, to preserve not only the flavor but the home-cooked flavor as well. The meat is seasoned according to individual taste, and is heated until it is entirely cooked through, without needing to be cooked tender, before placing it in the cans. It is very important to try to utilize all parts of the butchered animal so that nothing is wasted.

For canning in glass, the jars are washed clean and put in cold water in a canner with a false bottom of slatted wood, heated to the boiling point, and kept boiling from 10 to 15 minutes. This helps to thoroughly clean the jars and makes it possible to fill them with hot meat and gravy without so much danger of leakage. The glass jars are filled with meat and gravy in just the same manner as tin cans. Adjust the rubber and put the lid in place. If screw-top jars are used, put the top in place, but do not screw it down tight (leave about half a turn loose). For glass-top jars adjust the rubber and glass top. Make sure that the spring is not too loose. Put the wire clamp up over the top, but do not press down the spring. For glass tops fastened with a screw ring adjust the top in position, but do not make perfectly tight. When "hermetic" metal cans are used, seal as with the other jars. Adjust the metal cap which has a sealing composition on the inside of the lid (be sure to see that the sealing composition is even all around in the lid, as a leak will appear if the composition is broken in places). Adjust the clamp to hold the lid in place and put in the canner. Exhausting is not necessary with glass jars, as the boiling will force the excess of air out around the lid. When glass jars are used, the canner should not be heated so high that steam "blows off" through the safety valve, since this will cause a difference in pressure between the steam on the outside of the jar in the canner and that inside of the jar, resulting in a part of the contents being forced out, or the rubber being pushed out of place. The temperature must of course be high enough to sterilize the contents, which, for meats, is not less than 15 pounds of steam pressure. At the end of the sterilization do not let the steam escape from the canner, but turn out the fire or lift the canner from the fire and let it cool until the pressure gauge shows that there is no more steam pressure in the canner. Then close the petcock, unfasten the clamps, and remove the cover, lift out the jars carefully, avoiding any draft, as cold air striking them is liable to cause leakage. Seal immediately by fastening the lid or pressing down the wire clamps (the "hermetic" seal jar does not need any attention), and allow to stand in a place free from draft. When cold, test for leaks. If any are found

*The directions and recipes for steam-pressure canning were taken from Dr. Frantz P. Smith's bulletin, "Home Canning of Meats and Sea Foods with the Steam-pressure Canner."

the products will have to be resterilized at the temperature and for the time given for regular sterilization. The rubber may also have to be changed before resterilization.

RECIPES FOR THE CANNING OF MEATS

The following recipes are given to show how home-butchered animals may be made into palatable and economical dishes and canned for future use. The recipes are merely guides, and may be changed to suit the individual taste. The time and temperature given for sterilization should not, however, be changed. It is also necessary that nothing but absolutely fresh and cleanly handled meats be used.

In these recipes the time is given for tin cans. Pint jars require the same time for processing as the No. 2 tin cans, and quart jars the same time as the No. 3 tin cans.

Roast Meat

Select the piece of meat wanted for roast, trim, and wipe with a damp cloth. Heat some fat in a roasting pan, put in the meat and sear quickly turning the meat so all sides are seared (this prevents the loss of meat juice during cooking). As soon as well seared, sprinkle with salt and pepper to taste. Add some boiling water to the fat in the roasting pan. Baste frequently. Turn the meat from time to time and roast until it is nicely browned. Cook meat done (it should not be red in the center) without cooking it entirely tender. Slice and pack in cans to within one-half inch of top. Cap (exhaust 5 minutes if meat has cooled; if cold, exhaust 10 minutes; if hot, exhausting is not necessary), tip, and process in steam-pressure canner: No. 1 cans 40 minutes at 250° F., or 15 pounds of steam pressure; No. 2 cans 45 to 50 minutes at 250° F., or 15 pounds of steam pressure; No. 3 cans 55 to 60 minutes at 250° F., or 15 pounds of steam pressure. In case meat is fat, time of processing must be prolonged 10 minutes.

Tongue

The tongues may be cleaned, salted, and lightly smoked, then boiled, skin removed, and packed in cans with a little soup stock or meat jelly added. They may also be cleaned thoroughly, rubbed heavily with salt, and left standing with salt sprinkled over them for 8 to 10 hours. Then boil until done, remove the skin, and pack in cans with a little of the liquid in which they were boiled (thinned with some boiling water in order not to be too salty). In either case cap, tip, and process: No. 1 cans 40 minutes at 250° F., or 15 pounds of steam pressure; No. 2 cans 50 minutes at 250° F., or 15 pounds of steam pressure.

Liver Sausage

Remove the membrane and cut away the large blood vessels. Soak in water one to two hours to draw out blood. Boil until done. When cooled put through a food chopper or grate finely. Take half as much boiled fat as pork. Divide this fat into two portions; chop one portion into one-quarter inch cubes; pass the other portion through the food chopper; mix together thoroughly; add salt, ground cloves, pepper, and a little grated onion to taste. A little thyme and marjoram may be added to suit taste. (For

weighing $1\frac{1}{2}$ pounds add $\frac{3}{4}$ pound fat pork, 3 to 4 teaspoons salt, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon pepper, 1 small onion, $\frac{1}{4}$ teaspoon thyme, and 1 teaspoon of marjoram.) This mixture is stuffed into large casings. (If no casings are available, make casings of clean, white muslin.) Cover with boiling water, bring to a boil, and boil for 10 minutes. Pack into cans, fill in with the water in which the sausages were boiled. Cap, exhaust 5 minutes, and process: No. 1 cans 50 minutes at 250° F., or 15 pounds of steam pressure; No. 3 cans 50 minutes at 250° F., or 15 pounds of steam pressure.

This liver sausage may also be made from the raw liver and raw pork. In no case proceed as for above recipe as to seasoning, etc., but process the cans 5 minutes longer at temperature given. May be served hot or cold.



FIG. 5

Brains

The brains should be soaked in several changes of cold water to draw out the blood and the membranes removed. The brains may then be fried in hot grease, sprinkle with salt and pepper, packed in No. 1 flat cans, and the grease in which the brains are fried, thinned with a little hot water added. Cap, tip, and process: No. 1 cans 45 minutes at 250° F., or 15 pounds of steam pressure.

Head Cheese

Cut a hog's head into four pieces. Remove the brains, ears, skin, snout, and feet. Cut off the fattest parts for lard. Put the lean and bony parts to soak overnight in cold water in order to extract the blood and dirt. When the head is cleaned, put it over the fire to boil, using water enough to cover it. Cook until the meat separates readily from the bone. Then remove it from the fire and pick out all the bones. Drain off the liquor, saving part of it for future use. Chop the meat finely with a chopping knife. Return it to the fire and pour on enough of the liquor to cover the meat. Let it boil slowly for fifteen minutes to a half-hour. Season to taste with salt and pepper just before removing it from the fire. Bay leaves, a little ground cloves, and allspice may be added and boiled a while in the soup. If not condensed enough to form jelly, a little gelatine may be dissolved in cold water and mixed well with the cheese just before filling into cans. Pack while hot in cans to within half inch of top. No. 2 cans 50 minutes at 250° F., or 15 pounds of steam pressure. When ready to serve, thoroughly chill the can before opening. Serve cold.

Spare Ribs

Roast the spare ribs in the usual way, seasoning to taste. Cook until done, browning them nicely. With a sharp knife cut down the inside of each rib, remove the rib bone, and cut meat into pieces that can pass through the can openings. Make gravy by adding water to the pan grease. Pack meat in cans, add the boiling hot gravy to within one-half inch from top of can. Cap, and process: No. 2 cans 45 minutes at 250° F., or 15 pounds of steam pressure; No. 3 cans 60 minutes at 250° F., or 15 pounds of steam pressure.

Canned Sausage

See directions for making and seasoning sausage elsewhere.

Make sausage into cakes or stuff into casings and cook as for immediate serving. Pack in cans to within one-half inch of top; cap, tip, and process. No. 2 cans 1 hour and 30 minutes at 250° F., or 15 pounds steam pressure. No. 3 cans 1 hour and 45 minutes at 250° F., or 15 pounds steam pressure.



FIG. 6—Canned Sausage

Packing

In packing meats for canning, do not add gravy, fat, or soup except when it is specified.

RECIPES FOR COOKING PORK

Roast Pork

Wipe roast with damp cloth, weigh and dredge with flour. Set on a rack in a roasting pan and put salt and pepper with a small amount of water in pan. Baste often. Very fat pork with the fat side up will need but little basting, as the fat in melting bastes the meat.

At least two vegetables, or a vegetable and a fruit, should be served with roast pork. Sweet potatoes, turnip greens, celery, lettuce and tomatoes are suggested as good vegetables to combine with pork. Baked apples or canned fruit are good for desert. Puddings, pies and cake, when combined with pork, overtax the digestive organs.

Pan-boiled Chops

Wipe chops clean and put into a hot frying pan without fat; turn as soon as seared; brown nicely on both sides; put on hot platter; season with salt, pepper and butter.

Boiled Ham

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|---------------------|---------------|
| 1 ham | 2 bay leaves |
| 1 doz. pepper corns | 1 doz. cloves |

Wash well with a brush in cold water and soak overnight in water in which a little soda or borax has been dissolved. Wash ham in warm water, but do not let it soak in water. Put ham into the boiler, cover with hot water, add seasoning and simmer. Allow 20 minutes to the pound. Let ham cool in its own liquor, skin and serve. It may be boiled 2 hours, then covered with paste of flour, brown sugar and water and baked one hour.

Boiled Tongue

Wash tongue and trim away rough end at base. Put on in boiling water and simmer until tender. Add salt and any seasoning desired to the water. When cooked, remove skin and press until cold. This is excellent when prepared in the fireless cooker.

